



THE JANHA GET FIT GET WELL PROGRAM

The JANHA GET FIT GET WELL program is a recently initiated program which is part of the activities of QCT OF USA. It started as a family activity about a year ago whereby the JANHA FAMILY engage in series of physical activities to help the entire family stay healthy and strong and live a stress-free life.

Although the program focuses on the students, it is not limited to the students. Individuals with non-student status are eligible to participate to the program as long as they are willing to comply with the protocols set by QCT OF USA. Gender, race, belief, or country of origin will have no significance in the registration process. The activities include playing soccer, running, playing basketball, and playing football.

WHY REGISTERING FOR THE JANHA GET FIT GET WELL PROGRAM?

- Participating can help you stay fit physically.
- Exercise paves the way to a good health.
- This program will help you enjoy your normal meals and still be in good shape.
- Exercise reduce stress and you will live a stress-free life.
- You can build new relationships with others.
- A participant will be eligible to enroll in any of the IT training courses that are offered by QCT OF USA at a discounted rate. You will also benefit from the recommendations and counseling on university related issues offered by QCT OF USA at no cost. To register for this program, call me at 404-397-9995 or send me an email to info@qctofusa.com. Thanks.